

Claims

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1. An exercise device comprising: a platform having a bottom surface; means for securing at least one foot to said platform; and a removably attachable fulcrum, wherein said fulcrum can be attached anywhere along the bottom surface of said platform.
  2. The exercise device of claim 1, wherein said fulcrum is self-gripping.
  3. The exercise device of claim 1, wherein said fulcrum is a hemisphere.
  4. The exercise device of claim 1, wherein said fulcrum is an elongated block having a rounded surface opposite a flat surface.
  5. The exercise device of claim 1, wherein said means for securing at least one foot to said platform comprises at least one strap attached to said platform.
  6. The exercise device of claim 1, wherein said means for securing at least one foot to said platform comprises a foot plate attached to said platform and at least one strap to secure a foot to said foot plate.
  7. The exercise device of claim 5, wherein said foot plate comprises an ankle strap, a forefoot strap and a heel stop.
  8. The exercise device of claim 1, wherein said platform is constructed of materials selected from the group consisting of wood, plastic and metal.
  9. The exercise device of claim 7, wherein said platform is constructed of acrylic and is transparent.
  10. The exercise device of claim 1, wherein said platform comprises indicia.
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11. The exercise device of claim 1, wherein said fulcrum is constructed of materials selected from the group consisting of wood, plastic, and composites thereof.

12. The exercise device of claim 1, wherein said fulcrum is constructed of a composite of plastics.

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